

1. A method of fortifying an annulus fibrosis situated between upper and
2 lower vertebral bodies, comprising the steps of:
 providing a length of material having two ends;
4 forming opposing cavities in the upper and lower vertebral bodies;
 inserting each end of the length of material into a respective one of the cavities in
6 the upper and lower vertebral bodies; and
 fixing the two ends of the material.
2. The method of claim 1, wherein the length of material includes an
2 allograft or autograft tendon.
3. The method of claim 1, wherein the length of material includes a section
2 of annulus fibrosis.
4. The method of claim 1, wherein the length of material includes Gortex or
2 other synthetic material.
5. The method of claim 1, wherein the ends of the material are formed of
2 allograft or autograft bone.
6. The method of claim 1, wherein the ends of the material are fixed using
2 screws.
7. The method of claim 6, wherein the screws are bioresorbable.
8. The method of claim 1, including two lengths of material placed in criss-
2 crossing fashion.

2 9. A method of at least partially occupying an intradiscal space situated
between upper and lower vertebral bodies, comprising the steps of:
 inserting a band of material within the intradiscal space;
4 placing an intradiscal device within the band; and
 allowing the band to change shape, or tightening the band, to increase the height
6 of the intradiscal device.

2 10. The method of claim 9, further including the steps of affixing the band of
material to one or more points of an annulus fibrosis.

2 11. The method of claim 9, wherein the band of material is filled after being
positioned within an intradiscal space.

12. The method of claim 9, wherein the intradiscal device is a filled bag.

13. The method of claim 12, wherein the bag is filled with a hydrogel.

14. The method of claim 12, wherein the bag includes a therapeutic material.